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ABSTRACT

Parenting is one the most difficult tasks that adults face, and parenting strong-willed children can be even more difficult and frustrating. Parents of strong-willed children are often frustrated by their children's behavior as well as the lack of support and resources to help them deal with their children. This book describes a self-guided program for managing disruptive young children, based upon a clinical treatment program for which typical results include improved parent-child relationships, children who mind their parents more, and fewer child behavior problems at home and in other settings, such as preschool. The sections of the book are: (1) "Understanding Your Strong-Willed Child's Behavior"; (2) "Addressing Strong-Willed Behavior: A Five-Week Program," including determining whether a child's behavior needs to be changed and skill building in the five areas covered by the program--attending, rewarding, ignoring, giving directions, and using time-outs; (3) "Creating a Positive Climate for Behavior Change," including ways to create a more positive home environment, to improve communication skills, to develop more patience, and to build self-esteem; and (4) "Solving Some Common Behavior Problems: Additional Recommendations," discussing specific problem behaviors including temper tantrums, aggression, mealtime problems, bedtime and sleep problems, lying, and sibling rivalry. (BGC)

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